

Materials List

Equipment or materials needed:

- Walking Area – trail, track, or inside gymnasium
- Pedometer/Walking AP
- Student Trail of Tears Notebook Journal
- Pencils
- Computer with overhead projector
- Internet Connection
- Ration Pictures
- Family Stories from the Trail of Tears
- Map of the Trail of Tears
- Daily Nutritional Guide
- Poster Board
- Magazines with food pictures
- Computers for groups of students to conduct research.
- Trail of Tears photo
- Yarn
- Rulers
- Glue